

WHAT IS CLAIMED

1. A horizontal spit rotisserie oven comprising:

5 a cabinet having a plurality of side walls, each having an interior face and exterior face, and resting on a horizontal surface;

a spit assembly that can be positioned within the cabinet; and

10 a control box comprising an activation switch and a spit assembly drive mechanism, wherein the control box is attached to a cooking heating member, wherein the control box can be mounted on the exterior of one of the side walls of the cabinet and wherein the control box and the cooking heating member can be

15 manually removed without use of tools from mounting on the cabinet.
2. The horizontal spit rotisserie oven of claim 1 wherein, when the control box is mounted on the exterior of one of the

20 side walls of the cabinet, the cooking heating member and the spit drive mechanism driving the spit are positioned within the cabinet.
3. The horizontal spit rotisserie of claim 1 wherein the side

25 walls of the cabinet each have only a single panel between their interior and exterior faces.
4. The horizontal spit rotisserie of claim 1 wherein the cabinet has an opening through which food is loaded into the

30 cabinet, and the opening is covered by a door having an interior and exterior face wherein the door has only a single panel between its interior and exterior faces.
5. The horizontal spit rotisserie of claim 1 wherein the cabinet has an opening through which food is loaded into the oven

35 cabinet, and the opening is covered by a door and the door can slide under the oven cabinet and the door can be lowered below the horizontal surface on which the rotisserie rests.
6. The horizontal spit rotisserie of claim 1 wherein the control box is removed from the cabinet by pulling the control box generally orthogonally away from the side wall on which the

40 control box is mounted.
7. The horizontal spit rotisserie of claim 1 wherein the cooking heating member is at least one of an electric, resistive, or tubular heating element.

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8. The horizontal spit rotisserie of claim 1 wherein the activation switch is a countdown timer which activates and

50 terminates operation of the rotisserie.

9. The horizontal spit rotisserie of claim 1 wherein the activation switch is a timer which activates a food warming feature after cooking.

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10. The horizontal spit rotisserie of claim 1 wherein the spit drive mechanism is a gear reduced electric motor.

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11. The horizontal spit rotisserie of claim 1 wherein the control box has a light which illuminates an interior of the cabinet when the control box is mounted on the cabinet.

12. The horizontal spit rotisserie of claim 11 wherein a globe of the light protrudes into the cabinet.

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13. The horizontal spit rotisserie of claim 1 wherein the cabinet comprises side rails which support it above a horizontal surface.

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14. The horizontal spit rotisserie of claim 1 wherein the cabinet has a plurality of feet wherein the feet attach to the side walls using tabs extending away from the side walls.

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15. The horizontal spit rotisserie of claim 1 wherein the cooking heating member helps structurally support the control box to be mounted to the cabinet.

16. The horizontal spit rotisserie of claim 1 wherein the cabinet mounts a food warming tray.

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17. The horizontal spit rotisserie of claim 1 wherein when the control box is mounted on the cabinet there is an air gap between an outside face of the cabinet and an inside face of the control box.

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18. The horizontal spit rotisserie of claim 1 wherein the control box is mounted to the cabinet by means of a manually activated latch.

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19. The horizontal spit rotisserie of claim 1 wherein the cabinet has an access door.

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20. The horizontal spit rotisserie of claim 19 wherein an axis of the spit is closer to the door than to the cooking heating member.

21. The horizontal spit rotisserie of claim 1 wherein the cabinet has a transparent window.

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22. The horizontal spit rotisserie of claim 1 wherein an axis of the spit is closer to the window than to the cooking heating member.

23. The horizontal spit rotisserie of claim 1 wherein a frontal portion of the cabinet is inclined.

24. A food cooking rotisserie, comprising:  
 an enclosure with a plurality of peripheral walls;  
 a spit assembly capable of being positioned within the enclosure;  
 a control box removably coupled to one of the peripheral walls of the enclosure;  
 a cooking heat source formed integrally with the control box;  
 a spit drive mechanism formed integrally with the control box, wherein the control box, the cooking heat source and the spit drive mechanism are manually removable from the enclosure without use of tools.

25. The food cooking rotisserie of claim 24 wherein the enclosure has a transparent window.

26. The food cooking rotisserie of claim 25 wherein an axis of the spit is closer to the transparent window than to the cooking heat source.

27. The food cooking rotisserie of claim 24 wherein the enclosure has an access door.

28. The food cooking rotisserie of claim 27 wherein an axis of the spit is closer to the access door than to the cooking heat source.

29. The food cooking rotisserie of claim 24 wherein, when the control box is coupled to the enclosure, there is an air gap between an outside face of the enclosure and an inside face of the control box.

30. The food cooking rotisserie of claim 24 wherein the side walls of the enclosure each has only a single panel between their interior and exterior faces.

31. The food cooking rotisserie of claim 24 wherein the enclosure has an opening through which food is loaded into the enclosure, and the opening is covered by a door having an interior and exterior face wherein the door has only a single panel between its interior and exterior faces.

32. The food cooking rotisserie of claim 31 wherein the rotisserie rests on a horizontal surface and the door can drop below the horizontal surface.

33. In combination with a horizontal spit rotisserie oven, a method to lose weight comprising the steps of:

cooking protein rich foods in a horizontal spit rotisserie oven and allowing grease and oil to separate from the protein rich foods being cooked; and

5 for afternoon and evening meals and snacks only, eating without caloric or portion limits, only such horizontal rotisserie cooked protein rich foods in combination only with vegetables and salads.

10 34. The method of claim 33 with a further step of being free to eat established foods for morning meals and snacks.

15 35. The method of claim 33 with a further step of not consuming any natural or artificial sweeteners alone or with any meal or snack.